

# A NOTE FROM OUR EXECUTIVE DIRECTOR

- Linda David -



*“What is most exciting about the wonders within our body is our natural ability to fight disease.”*

**I** LOVE the topic of this issue of the Tower Magazine because I am constantly amazed at what my body can do. Let's start with the obvious—I can create life! Obviously not on my own, but being a mom of two wonderful daughters, my body has created at least two miracles.

Little, less obvious miracles happen daily in our bodies.... our hearts beat, our lungs expand and our mind ponders everything from brands of water to creation. Just amazing!

What is most exciting about the wonders within our body is our natural ability to fight disease. Our amazing immune system is

built to destroy invaders and prevent the development of many types of cancer.

Sadly, cancer cells are also very cunning, and sometimes they can avoid detection and destruction in very creative ways. Simply put, it's a battle. Each day we are loading the arsenal of our own immune system to take to the battlefield and seek out and destroy the cancer invaders.

Below are some common sense healthy life choices that may improve your body's ability to fight the good fight.

## 1. SLEEP

You may have noticed you're more likely to catch a cold or other infections when you're not getting enough sleep. Not getting enough sleep can lead to higher levels of a stress hormone. It may also lead to more inflammation in your body.

## 2. EXERCISE

Try to get regular, moderate exercise, like a daily 30-minute walk. It can help your immune system fight infection. Exercise can also boost your body's feel-good chemicals and help you sleep better—an all around win-win for your immune system.

## 3. DIET

Eating or drinking too much sugar curbs immune system cells that attack bacteria. Eat more fruits and vegetables, which are rich in nutrients like vitamins C and E, plus beta-carotene and zinc. The key is color! Go for a wide variety of brightly colored fruits and vegetables, including berries, citrus fruits, kiwi, apples, red grapes, kale, onions, spinach, sweet potatoes and carrots.

## 4. STRESS

Chronic stress exposes your body to a steady stream of stress hormones that suppress the immune system. You can get better at managing your stress by:

- Learning to meditate
- Slowing down
- Connecting with other people
- Working out to blow off steam

## 5. RELATIONSHIPS

Studies show that people who feel connected to friends - whether it's a few close friends or a large group - have stronger immunities than those who feel alone.

## 6. HUMOR

Laughing is good for you. It curbs the levels of stress hormones in your body and boosts a type of white blood cell that fights infection! Laughter may in fact be the best medicine!